

2 PRONUNCIATION vowel sounds

a Write the words in the chart.

beef carton chicken chocolate cook crab
soup jar mango peach raw salt
sausage squid sugar tuna

1  fish	2  tree	3  cat	4  car
_____	_____	_____	_____
5  clock	6  saw	7  bull	8  boot
_____	_____	_____	_____

b **iChecker** Listen and check. Then listen again and repeat the words.

Pronouncing difficult words

c Write the words.

- /bɔɪld/ boiled
- /'kæbɪdʒ/ _____
- /'spaisi/ _____
- /roʊstɪd/ _____
- /greɪps/ _____
- /frʊt/ _____
- /beɪkt/ _____
- /'mælən/ _____
- /zu'kini/ _____

d **iChecker** Listen and check. Then listen again and repeat the words.

3 GRAMMAR simple present / continuous, action and nonaction verbs

a Are the **highlighted** phrases right (✓) or wrong (✗)? Correct the wrong phrases.

- Does your girlfriend like seafood? ☒
- Lucy's in the kitchen. **She makes** a cup of coffee. ☒
She's making
- Are you eating **out** every weekend? ☐
- I **don't know** what to cook for dinner. ☐
- Are you **thinking** the fish is cooked now? ☐
- We're **having** lunch with my parents every Sunday. ☐
- My mother's in the yard. **She's mowing** the lawn. ☐
- I'm **not wanting** any potatoes with my fish, thanks. ☐
- Do you **prefer** steamed rice to fried rice? ☐
- Jack's on the phone. **He orders** some pizzas. ☐

b Complete the sentences with the simple present or continuous form of the verbs in parentheses.

- Our neighbors grow all of their own vegetables. (grow)
- My mother _____ usually _____ on the weekend. (not cook)
- Do you want to come for lunch on Sunday?
We _____ roast chicken. (have)
- We _____ tonight because there's a soccer game on TV. (not go out)
- _____ you usually _____ your birthday with your family? (spend)
- That restaurant _____ delicious mussels at lunchtime. (serve)
- How often _____ you _____ in a typical week? (eat out)
- I _____ an appetizer because I'm not hungry. (not have)
- We _____ often _____ steak. (not buy)
- My boyfriend's on a diet so he _____ on fried food. (cut down)

4 READING

- a Read the article once and put the headings in the correct place.

- A Can I eat apples?
B How can I prevent serious illnesses?
C How should I start the day?
D Do I really need to eat five a day?

The truth about healthy eating

Food experts are always telling us what we should and shouldn't eat, but they often give us different advice. Our food writer, Teresa Gold, has taken a look at all the information to figure out what is fact and what is fiction.

1 C

A typical American breakfast of fried eggs, bacon, toast, pancakes, and orange juice will certainly stop you from feeling hungry, but it's high in calories, which means that you'll gain weight if you eat it regularly. A healthier option is to have just an egg. Boil it instead of frying it, and eat it with a piece of toast made with whole-wheat bread. Breakfast cereals are very high in sugar, so if you feel like cereal, have granola – with no added sugar. You can also get your first vitamins of the day by drinking a glass of freshly squeezed orange juice.

2 _____

Fruits and vegetables contain the vitamins and minerals we need to stay healthy. But five is actually a fictional number thought up by an American nutritionist. She looked at what the average person ate and doubled it. According to more recent research, the right number is actually eight. The research shows that people who have eight pieces of fruit and vegetables a day are much less likely to suffer from heart disease than those who eat three.

3 _____

This particular fruit has had some bad publicity because dentists say it can harm our teeth. While it's true that apples do contain a little sugar, they are also a source of fiber. Nutritionists say that we need about 18 grams of fiber a day, and a medium apple – peel included – contains about 3 grams. Some varieties contain more fiber than others, so you should choose carefully.

4 _____

The key to good health is a balanced diet that contains fats and carbohydrates as well as proteins, vitamins, and minerals. Fats may be high in calories, but they also contain vitamins. According to the World Cancer Research Fund, you should only have about 500 grams of red meat per week – a steak is about 100 grams. One type of food on its own won't kill or cure you, but eating the right amount of the right food will stop you from getting sick.

- b Read the article again. Mark the sentences T (true) or F (false).

- 1 A typical American breakfast every morning isn't good for you. T
- 2 The best breakfast is any type of cereal. _____
- 3 An American nutritionist carefully calculated the amount of fruits and vegetables we should eat. _____
- 4 We should eat more than five servings of fruits and vegetables per day. _____
- 5 Apples contain a lot of sugar. _____
- 6 All apples have the same amount of fiber. _____
- 7 Fats can be good for us. _____
- 8 You can eat as much red meat as you want to. _____

- c Look at the highlighted words and phrases. What do you think they mean? Use your dictionary to look up their meaning and pronunciation.

5 LISTENING

- a **iChecker** Listen to a radio call-in program about the article in exercise 4. Check (✓) the caller(s) who completely agree with it.

- | | | | |
|---------|--------------------------|---------|--------------------------|
| A Kevin | ☐ | C Derek | ☐ |
| B Kate | ☐ | D Rosie | ☐ |

- b Listen again and answer the questions.

Which caller...?

- 1 thinks that some fruits and vegetables are unhealthy _____
- 2 says that most children prefer fast food _____
- 3 eats very little fruit _____
- 4 is very healthy because he/she eats a lot of fruits and vegetables _____

- c Listen again with the audioscript on p. 69.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- carbohydrates /kɑrboʊ'hɑdreɪts/
protein /'prəʊtɪn/
awake /ə'weɪk/
oily /'ɔɪli/
powerful /'paʊərfʌl/
relaxed /rɪ'læksɪd/
sleepy /'slipi/
stressful /'stresfl/
beneficial /benə'fiʃl/
ready-made food /rɛdi meɪd 'fud/